

### **ABSTRACT OF THE DISCLOSURE**

**[0059]** A rehabilitation and fitness trainer apparatus includes a handle frame of generally U-shaped configuration, with two telescopic members attached at an angle to the base of the U-shaped handle portion, a generally U-shaped base frame including an elongated cross bar and two side members which extend rearwardly and at an outwardly extending angle from the elongated cross bar, and with the cross bar including a pair of elongated members that extend generally upwardly and rearwardly for cooperating and telescopingly engaging the pair of telescopic members extending from the handle frame. A locking device is provided for vertically adjusting and maintaining the vertical distance between the handle frame and the base frame in order to accommodate a wide variety of users of the apparatus.